

New Year, New You!

Identify and resolve the issues keeping you from moving forward to the new you

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As you strive to push toward the new you throughout this new year, God desires for you to grow spiritually, of course, but also in other areas of your life. It helps to take a step back periodically to pause and think about where you've been and how you want to grow or change for the better.

1. What do you love most about yourself and what you accomplished last year?
2. What would you like to be better, different or more of in this new year?
3. Establish your goal and write it down.
4. Take a reality check.

The reality check is, you've probably thought about this goal before, but you've not acted on it.

5. What is it that keeps you from acting on the goal that God's given you?

Take the time you need in the next week or so and begin to deal with those core issues that have kept you from reaching this goal.

Identify the issues. There are several core issues – fear, anxiety, lack of confidence, lack of clarity, lack of encouragement, lack of resources, lack of motivation or knowledge. It is vital to address whatever it is that keeps you from taking action toward your goal.

To stay sharp and effective in pursuit of your goal, you must schedule time to reflect on your actions, the reactions of circumstances and then be prepared to hit the “reset” button.

The philosopher Socrates observed that “the unexamined life is not worth living.” A powerful thought, but self-examination is tough and often emotionally unpleasant. That's why you must make it intentional. Here are some steps to take to identify and resolve the issues keeping you from moving forward to the new you:

- **Set aside a specific time to reflect.** Put it on your calendar, in your notes app or journal, and treat it as your most important appointment. Be sure to schedule your time in a quiet location where you will not be disturbed.
- **Ask yourself – and answer honestly – questions about your goal.** Which techniques are most effective to help you stay encouraged and motivated? What are triggers that cause you to experience roadblocks?
- **Develop a list of objectives and rank yourself weekly** on scale of 1 to 10, with 1 meaning, “This was a complete struggle,” and 10 meaning, “I did this one exceptionally well.” This list might include these objectives:
 - » “I successfully avoided roadblocks this week.”
 - » “I did not overreact when I stumbled.”
 - » “I recovered quickly and remembered to hit the reset button.”
 - » “My decisions were not altered by anger, tears, cursing or threats.”
 - » “I looked for support from God and others when as needed this week.”

Evaluation, adjustments and resets are a critical component to achieving your goal in pursuit of the new you. Make sure you don't neglect them.

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6. Create options.

What does it take to do this practically? If you want to get out of debt, what steps do you have to take specifically? If you want to have better health, what are the steps you have to take to achieve it?

7. Take Action

Ask God to help you take the first step, and follow the plan you have set, step-by-step-by-step.

God's Word on It

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Corinthians 5:17 ESV

“Be strong and courageous. Don’t tremble! Don’t be afraid of them! The Lord your God is the one who is going with you. He won’t abandon you or leave you.” Deuteronomy 31:6 GW

Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. Isaiah 43:19 ESV

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield[a] and the horn[b] of my salvation, my stronghold. Psalm 18:2 NIV

I beg you to offer your bodies to him as a living sacrifice, pure and pleasing. That’s the most sensible way to serve God. Don’t be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him. Romans 12:1-2 CEV

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 ESV

That is why we are not discouraged. Though outwardly we are wearing out, inwardly we are renewed day by day. 2 Corinthians 4:16 GW

But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. Lamentations 3:21-23 ESV

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24 NIV

Forget what happened in the past, and do not dwell on events from long ago. I am going to do something new. It is already happening. Don’t you recognize it? I will clear a way in the desert. I will make rivers on dry land. Isaiah 43:18-19 GW

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9 ESV

The one sitting on the throne said, “I am making everything new.” He said, “Write this: ‘These words are faithful and true.’” Revelation 21:5 GW

Christ gives me the strength to face anything. Philippians 4:13 CEV

Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10 ESV

